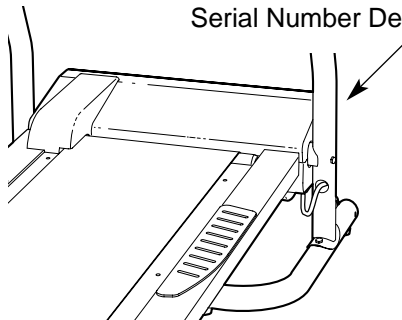




Model No. WLTL19012

Serial No. \_\_\_\_\_

Serial Number Decal



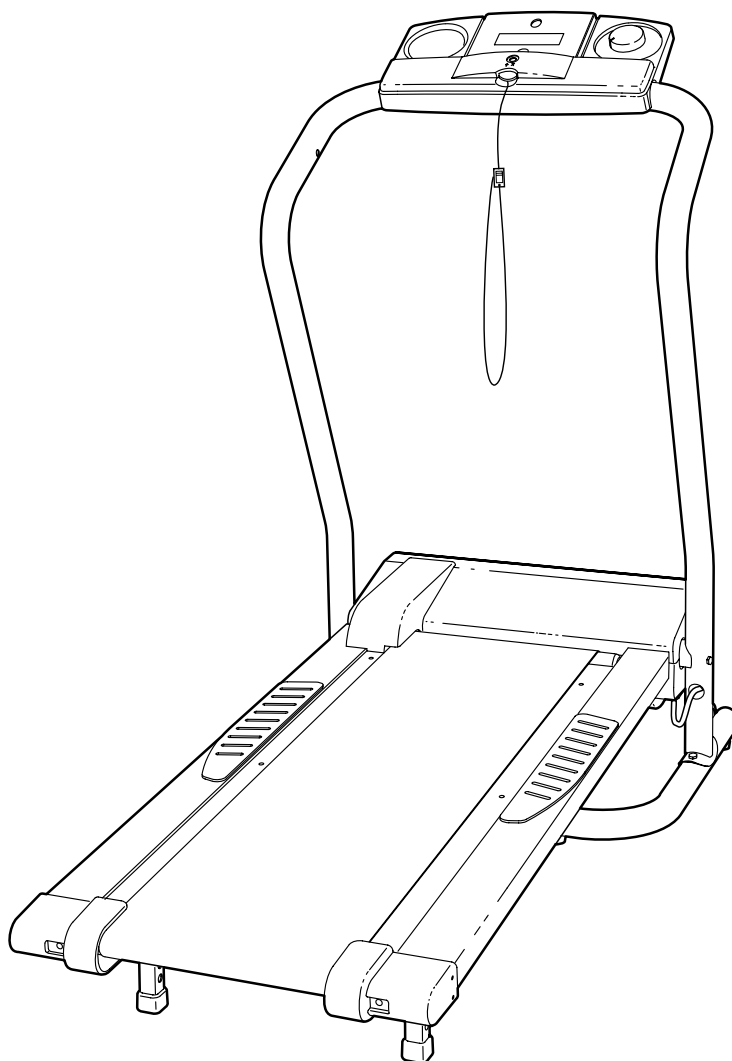
## USER'S MANUAL

### QUESTIONS?

If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:  
**1-800-999-3756**  
Mon.-Fri., 6 a.m.-6 p.m. MST



### CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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new products, prizes,  
fitness tips, and much more!

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Note: A PART IDENTIFICATION CHART, an EXPLODED DRAWING, and a PART LIST are attached in the center of this manual.

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## IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

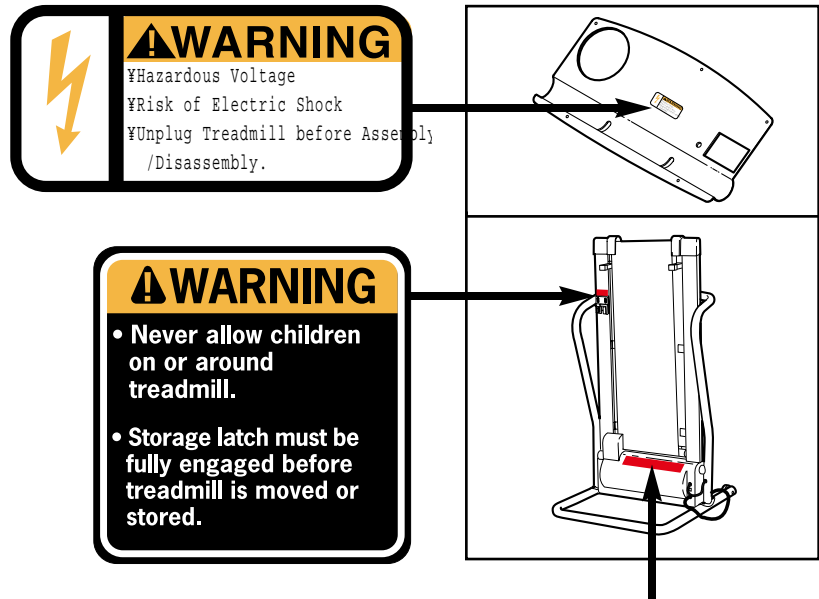
1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 250 pounds.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
10. When connecting the power cord (see page 7), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 7. To purchase a surge suppressor, see your local WESLO dealer or call 1-800-806-3651 and order part number 146148.
12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed or stop unexpectedly, which may result in a fall and serious injury.
13. Keep the power cord and the surge suppressor away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)

15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.
18. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 5 and HOW TO FOLD AND MOVE THE TREADMILL on page 10.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
19. When folding or moving the treadmill, make sure that the storage latch is fully closed.
20. Do not change the incline of the treadmill by placing objects under the treadmill.
21. Inspect and properly tighten all parts of the treadmill regularly.
22. Never drop or insert any object into any opening.
23. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
24. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

## SAVE THESE INSTRUCTIONS

The decals shown have been placed on your treadmill. If a decal is missing or is not legible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown. Note: The decals are not shown at actual size.



**⚠ WARNING:** Protect yourself and others from risk of serious injury. Read the user's manual and:

- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to lowest level before folding treadmill into storage position.



- Stand only on side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.



- Never allow children on or around treadmill.
- Remove key when not in use.



- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

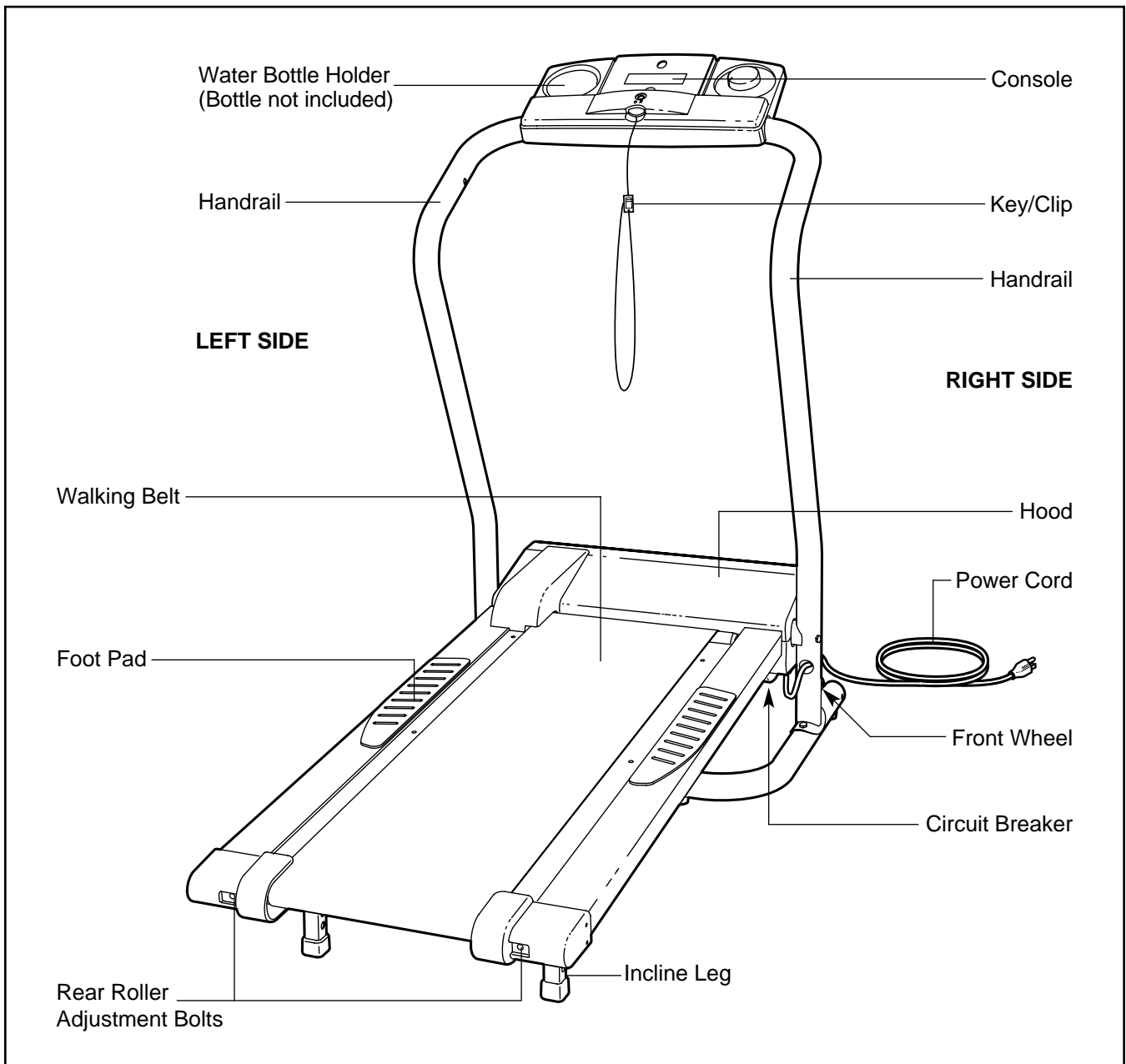
# BEFORE YOU BEGIN

Thank you for selecting the WESLO® CADENCE 200 CS treadmill. The CADENCE 200 CS treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique CADENCE 200 CS can be folded up, requiring less than half the floor space of other treadmills.

please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is WLTL19012. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

**For your benefit, read this manual carefully before using the treadmill.** If you have additional questions,

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

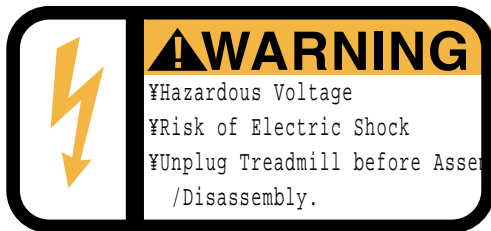


# ASSEMBLY

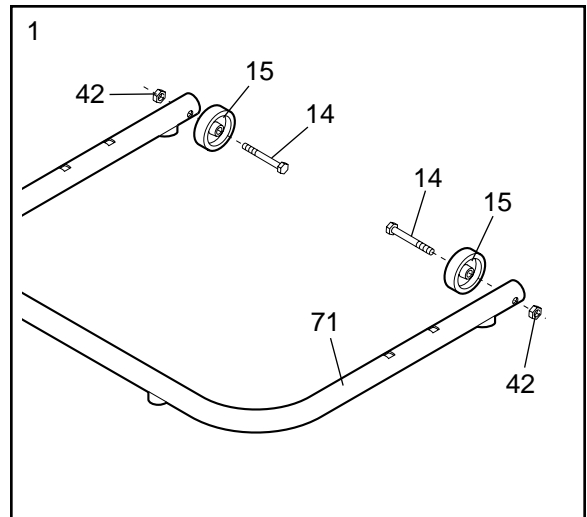
**Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials; **do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included allen wrench  and your own phillips screwdriver , adjustable wrenches , and 9/16" socket wrench .

- Note:** To identify small parts used during assembly, refer to the **PART IDENTIFICATION CHART** in the center of this manual.

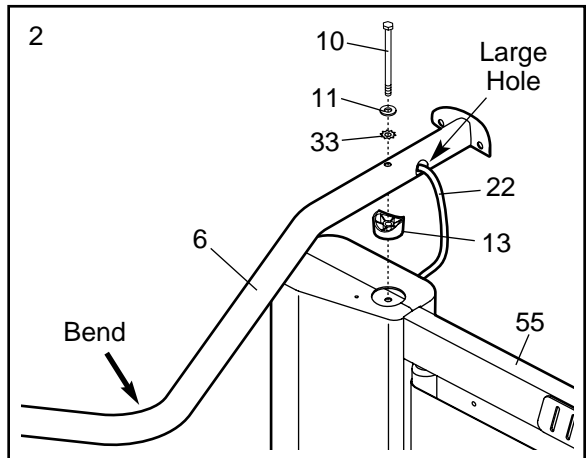


Using two adjustable wrenches, attach the Wheels (15) to the Base (71) with the two Wheel Bolts (14) and the two Nuts (42) as shown. **Do not overtighten the Wheel Nuts; the Wheels should turn freely.**



- With the help of a second person, carefully tip the treadmill onto its left side. Identify the Right Handrail (6), which has a large hole near the lower end. Hold the Right Handrail in the position shown. Feed the end of the Wire Harness (22) into the hole in the lower end of the Right Handrail and out of the upper end of the Right Handrail. Hold a Frame Spacer (13) between the Right Handrail and the Frame. Attach the Right Handrail with a Frame Bolt (10), a Handrail Washer (11), and a Star Washer (33).

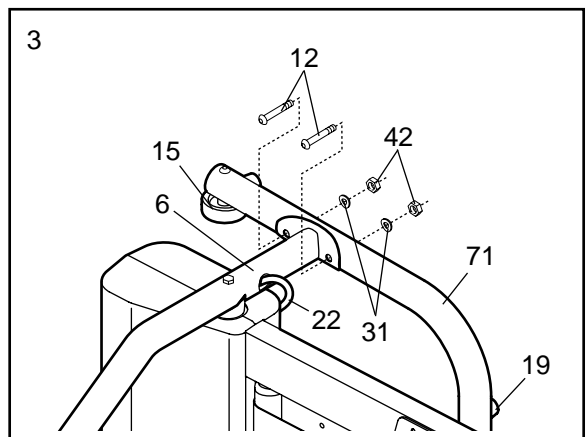
Tip the treadmill onto its right side and attach the Left Handrail (not shown) as described above. Note: There will not be a wire harness in the Left Handrail.



- Hold the Base (71) against the Right Handrail (6) and the Left Handrail (not shown), **with the Wheels (15) and the Base Pads (19) in the positions shown.**

Using a 9/16" socket wrench and the allen wrench, attach the Base (71) to the Right Handrail (6) with two Handrail Bolts (12), two Formed Washers (31), and two Nuts (42). **Do not tighten the Nuts yet.** Attach the Base to the Left Handrail (not shown) in the same way. **Tighten all four Nuts.** Insert the excess Wire Harness (22) up into the Right Handrail.

With the help of a second person, raise the treadmill so the Base (71) is resting flat on the floor.



- See inset drawing 4c. If there is a plastic tie in the square hole in the bottom of the Right Handrail (6), remove it.

Attach the Console Plate (4) to the Right and Left Handrails (6, 7) by pushing the Handrails inward and tightening two Console Bolts (9) and Handrail Washers (11) into the Console Plate and Handrails.

Hold the Console Base (1) near the Right Handrail (6). **Touch the Right Handrail to discharge any static.**

Remove the tape from around the connectors at the end of the Wire Harness (22). Locate the two wires in the Wire Harness that have L-shaped connectors on the ends. Press the connectors onto the two tabs on the red switch indicated in inset drawing 4b. Connect the other two wires in the Wire Harness to the back of the Console Base (1) in the locations shown by the arrows in drawing 4a. **If the connectors do not fit together easily, rotate them and then connect them.**

See inset drawing 4c. Loop the included plastic tie through the square hole on the top and around the Wire Harness (22) as shown. Tighten the plastic tie and cut off the end.

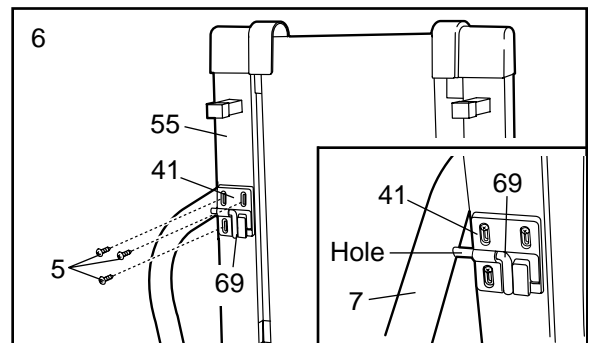
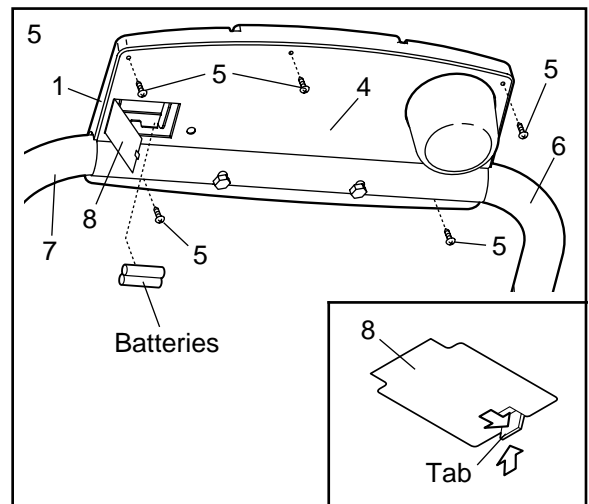
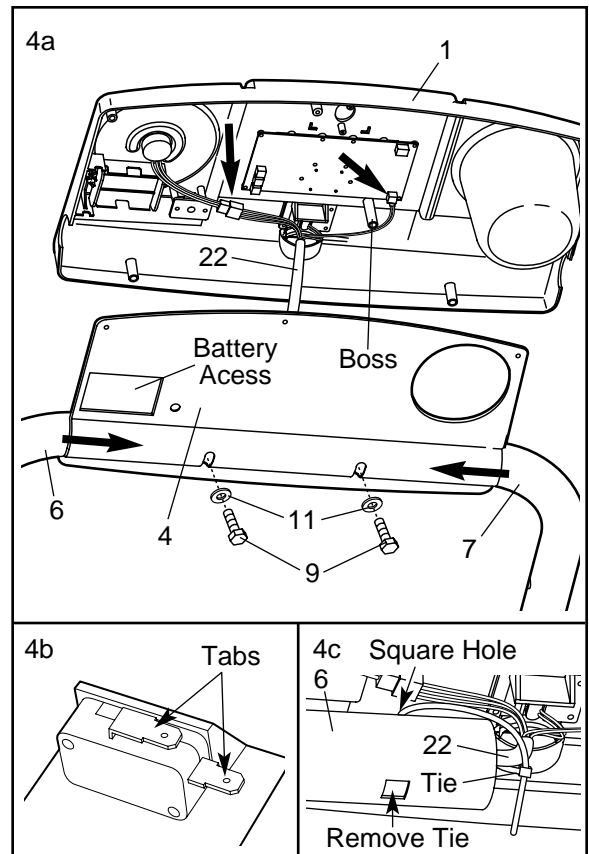
- Insert the hinge of the Battery Cover (8) into the Console Plate (4) in the location shown; the Battery Cover should pivot on its hinge. Set the Console Base (1) on the Console Plate. Make sure the Wire Harness (22) is clear of the square battery access hole and the boss (see drawing 4a above). **Make sure that no wires will be pinched before attaching the Console Base to the Console Plate.** Tighten five Screws (5) into the Console Plate and the Console Base in the locations shown.

The console requires two "AA" batteries (not included). Alkaline batteries are recommended. **Touch the Left Handrail (6) to discharge any static.** Next, open the Battery Cover (8). Press two batteries into the battery compartment, with the negative (-) ends of the batteries touching the springs. Close the battery cover, push up on the tab, and then push the tab forward as shown in the inset drawing. Make sure that the tab locks into place.

- Make sure that the Latch Pin (69) is in the Storage Latch (41) as shown.

Attach the Storage Latch (41) to the Frame (55) with the three Screws (5). **Do not tighten the Screws yet.** Position the Storage Latch so that the Latch Pin (69) is aligned with the hole in the Left Handrail (7). Slide the Latch Pin into the hole as shown in the inset drawing. Then, tighten the three Screws.

- Make sure that all parts are properly tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 13). To protect the floor or carpet, place a mat under the treadmill.



# OPERATION AND ADJUSTMENT

## THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

## HOW TO PLUG IN THE POWER CORD

**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

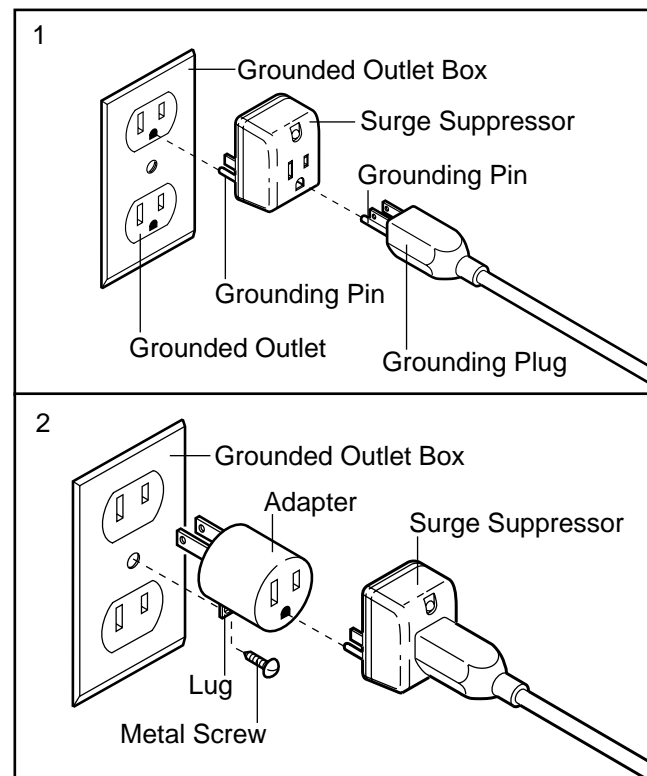
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local WESLO dealer or call 1-800-806-3651 and order part number 146148.

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed or stop unexpectedly, which may result in a fall and serious injury.

**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having

an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

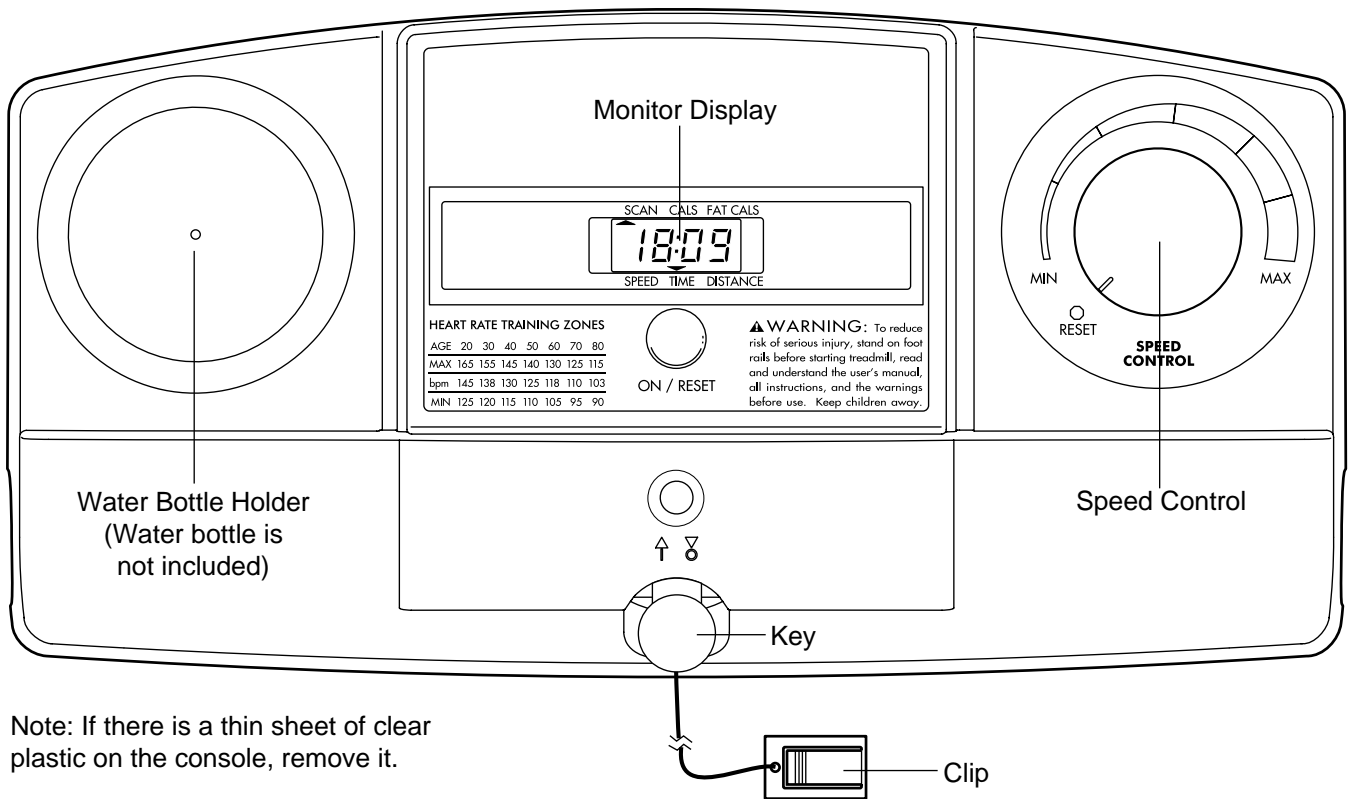
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

## DIAGRAM OF THE CONSOLE



Note: If there is a thin sheet of clear plastic on the console, remove it.

### **CAUTION:** Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) while operating the treadmill. When the key is removed from the console, the walking belt will stop.
- Adjust the speed in small increments.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and use only a sealable water bottle.

## STEP-BY-STEP CONSOLE OPERATION

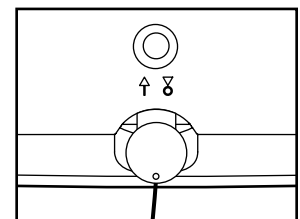
Before the console can be operated, two "AA" batteries must be installed (see step 7 on page 6).

Step onto the foot pads on the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothes. Next, insert the key into the console. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.** Then, remove the key from the console.

Follow the steps below and on page 9 to operate the console.

### **1** Insert the key fully into the console.

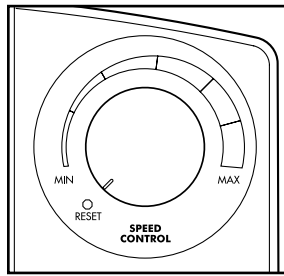
Inserting the key will not turn on the display. The display will turn on when the ON/RESET button is pressed or when the walking belt is started. Note: If you just installed batteries, the display will already be on.





## 2 Reset the console and start the walking belt.

Turn the speed control to the RESET position. **Note: Each time the walking belt is stopped, the speed control must be turned to the RESET position before the walking belt can be restarted.**



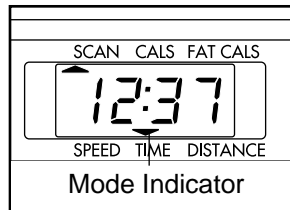
Next, slowly turn the speed control until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by turning the speed control.

To stop the walking belt, step onto the foot pads and turn the speed control to the RESET position.

Note: During the first few minutes that the treadmill is used, inspect the alignment of the walking belt and align it if necessary (see page 13).

## 3 Follow your progress with the monitor modes.

When the power is turned on, the console will automatically scan through five modes. A flashing mode indicator will show which mode is currently displayed. The modes are described below.



- Speed—This mode shows your speed, in miles per hour.
- Time—This mode shows the elapsed time. Note: If you stop exercising for ten seconds or longer, the time mode will pause.
- Distance—This mode shows the total number of miles you have walked or run.
- Fat Calories (FAT CALS)—This mode shows the approximate number of fat calories you have burned. (See FAT BURNING on page 14.)
- Calories (CALS)—This mode shows the approximate number of calories you have burned.

If desired, reset the display by pressing the ON/RESET button.

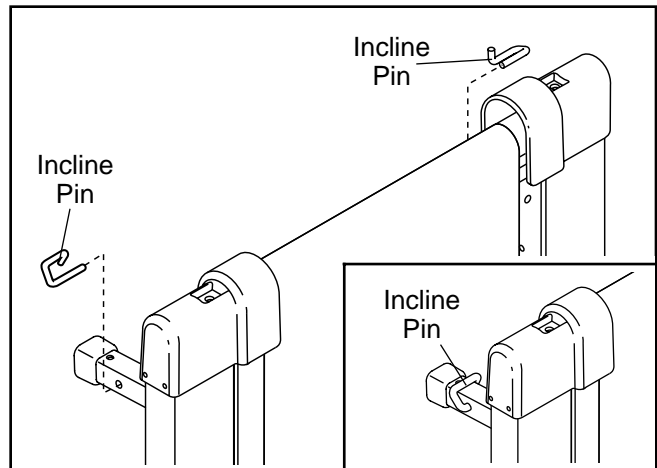
## 4 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot pads, stop the walking belt and remove the key from the console. The displays will turn off about six minutes after the key is removed. **Note: The display will automatically turn off in order to conserve the batteries any time that the walking belt is stopped and the ON/RESET button is not pressed for six minutes.**

## HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, the incline of the treadmill can be changed. There are three incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 10).

To change the incline, remove the incline pin from one of the incline legs as shown below. Adjust the incline leg to the desired height and fully reinsert the incline pin. Make sure that the incline pin is in the "locked" position shown in the inset drawing. Adjust the other incline leg in the same way. **Make sure that both incline pins are inserted from the direction shown.**



**CAUTION: Before using the treadmill, make sure that both incline pins are fully inserted at the same height. Do not use the treadmill with the incline pins removed.**

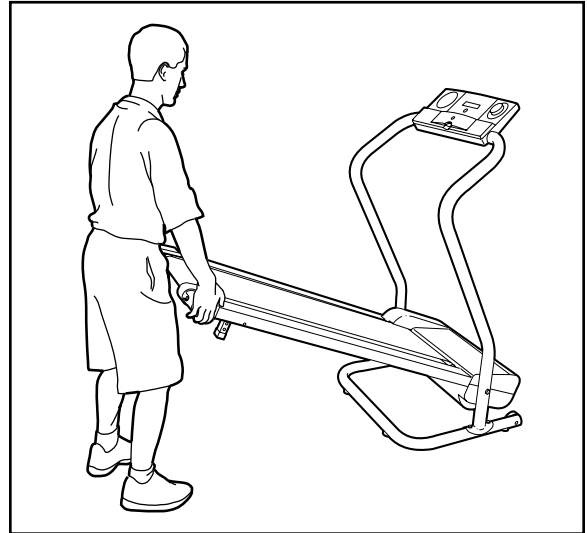
After you have adjusted the incline legs, lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 11).

# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

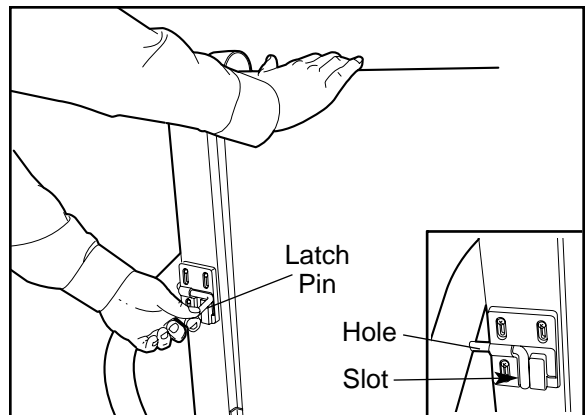
Unplug the power cord. **CAUTION:** You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Raise the treadmill until the latch pin is aligned with the hole in the left handrail. Slide the latch pin into the hole. **Make sure that the latch pin is inserted as far as possible into the hole.** Lock the pin by pressing the end of the pin into the slot in the storage latch as shown in the inset drawing.

**To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.**



## HOW TO MOVE THE TREADMILL

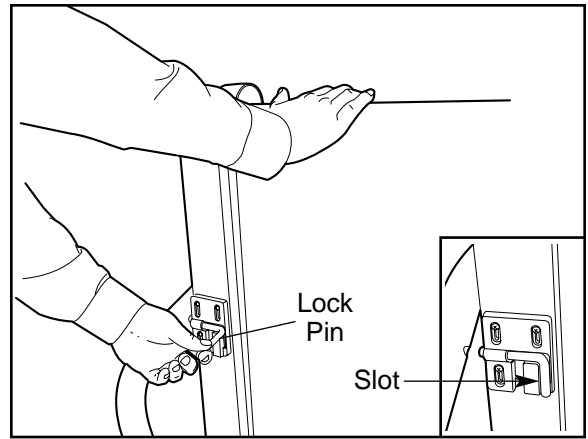
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the hole in the handrail and locked into place as described above.**

1. Hold the handrails and place one foot on the base as shown.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

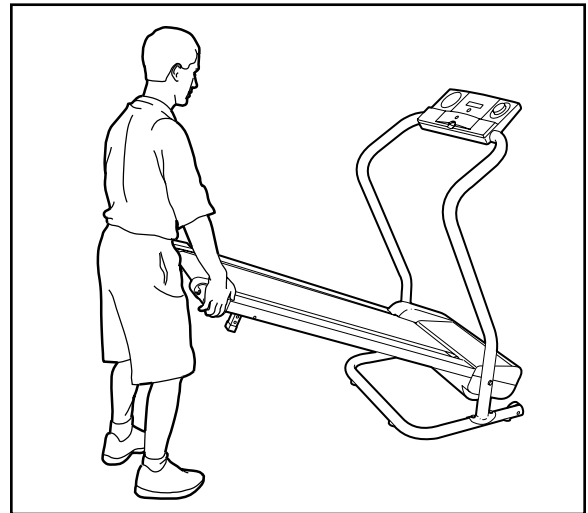


## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, slide the latch pin to the right. Lock the pin in place by pressing the end of the pin into the slot in the storage latch as shown in the inset drawing.



2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



# MAINTENANCE AND TROUBLE-SHOOTING

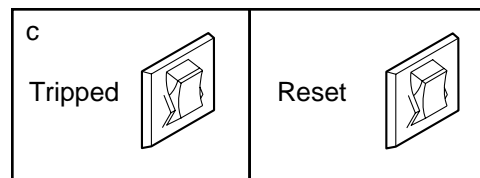
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

**PROBLEM: The power does not turn on**

**SOLUTION:** a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 7). Use only a single-outlet surge suppressor that meets all of the specifications described on page 7. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



**PROBLEM: The power turns off during use**

**SOLUTION:** a. Check the circuit breaker located on the treadmill frame near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in.

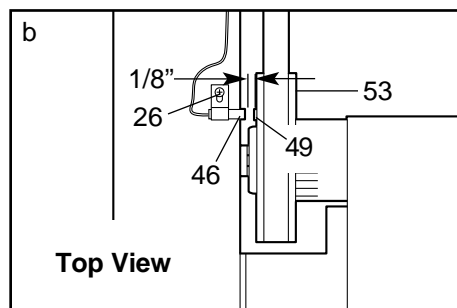
c. Remove the key from the console. Reinsert the key fully into the console.

d. If the treadmill still will not run, please call our Customer Service Department, toll-free.

**PROBLEM: The displays of the console do not function properly**

**SOLUTION:** a. Check the batteries in the console (see assembly step 7 on page 6). Most problems are the result of drained batteries.

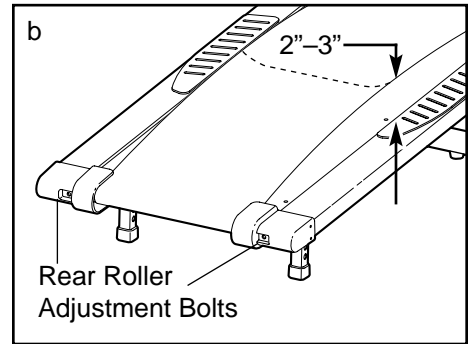
b. Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the screws from the hood. Carefully remove the hood. Locate the Reed Switch (46) and the Magnet (49) on the left side of the Pulley (53). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (26) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



**PROBLEM: The walking belt slows when walked on**

**SOLUTION:** a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 7.

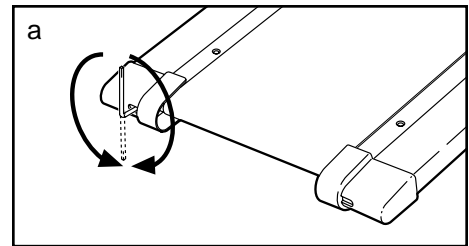
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



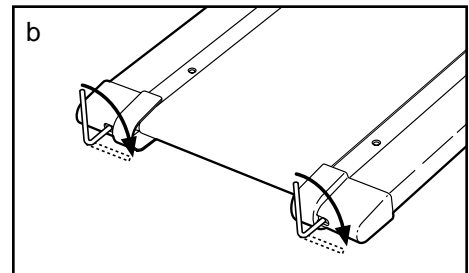
c. If the walking belt still slows when walked on, please call our toll-free Customer Service Department.

**PROBLEM: The walking belt is off-center or slips when walked on**

**SOLUTION:** a. **If the walking belt has shifted to the left**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller bolt clockwise 1/2 of a turn. Be careful not to overtighten the walking belt. **If the walking belt has shifted to the right**, turn the left rear roller bolt counterclockwise 1/2 of a turn. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



**SOLUTION:** a. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



# CONDITIONING GUIDELINES

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

### HEART RATE TRAINING ZONES

| AGE | 20  | 30  | 40  | 50  | 60  | 70  | 80  |
|-----|-----|-----|-----|-----|-----|-----|-----|
| MAX | 165 | 155 | 145 | 140 | 130 | 125 | 115 |
| bpm | 145 | 138 | 130 | 125 | 118 | 110 | 103 |
| MIN | 125 | 120 | 115 | 110 | 105 | 95  | 90  |

To find the proper heart rate for you, first find your age at the top of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers below your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

## Fat Burning

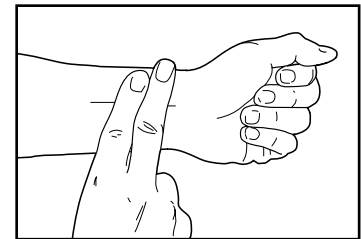
To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near one of the lower two numbers in your training zone.

## Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown.



Take a six-second heartbeat count, and multiply the result by ten to find

your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill accordingly.

## WORKOUT GUIDELINES

Each workout should include the following three important parts:

### A Warm-up

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up (see SUGGESTED STRETCHES on page 15).

### Training Zone Exercise

After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

### A Cool-down

Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest be-

tween workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

### 3. Calf/Achilles Stretch

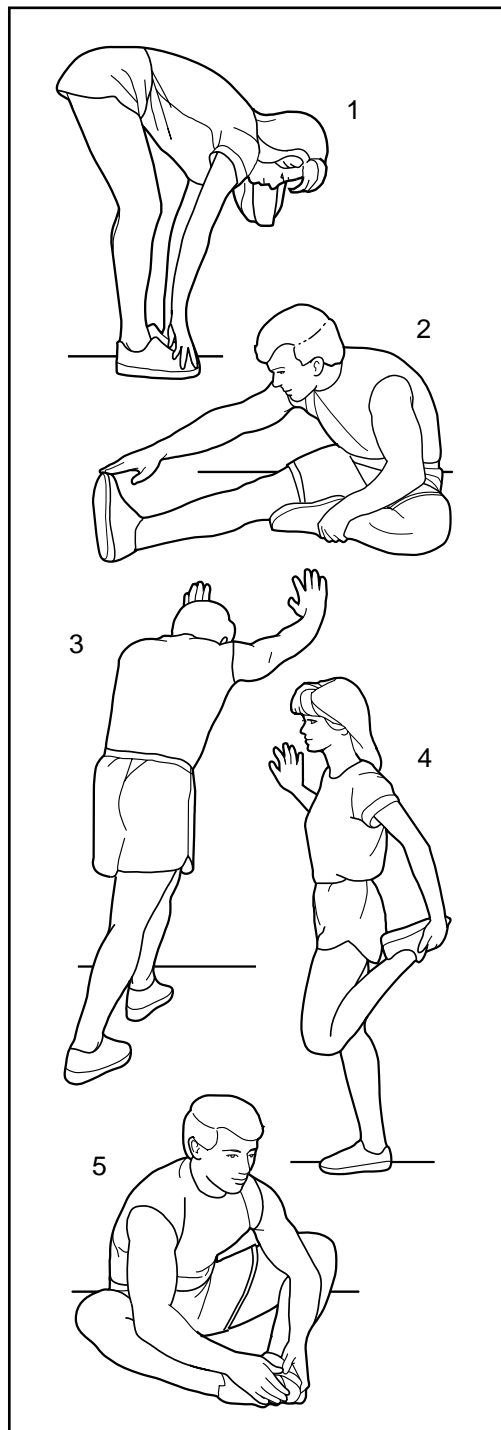
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



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# ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER of the product (WLTL19012)
- The NAME of the product (WESLO® CADENCE 200 CS treadmill)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in the center of this manual)

WESLO is a registered trademark of ICON Health & Fitness, Inc.

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

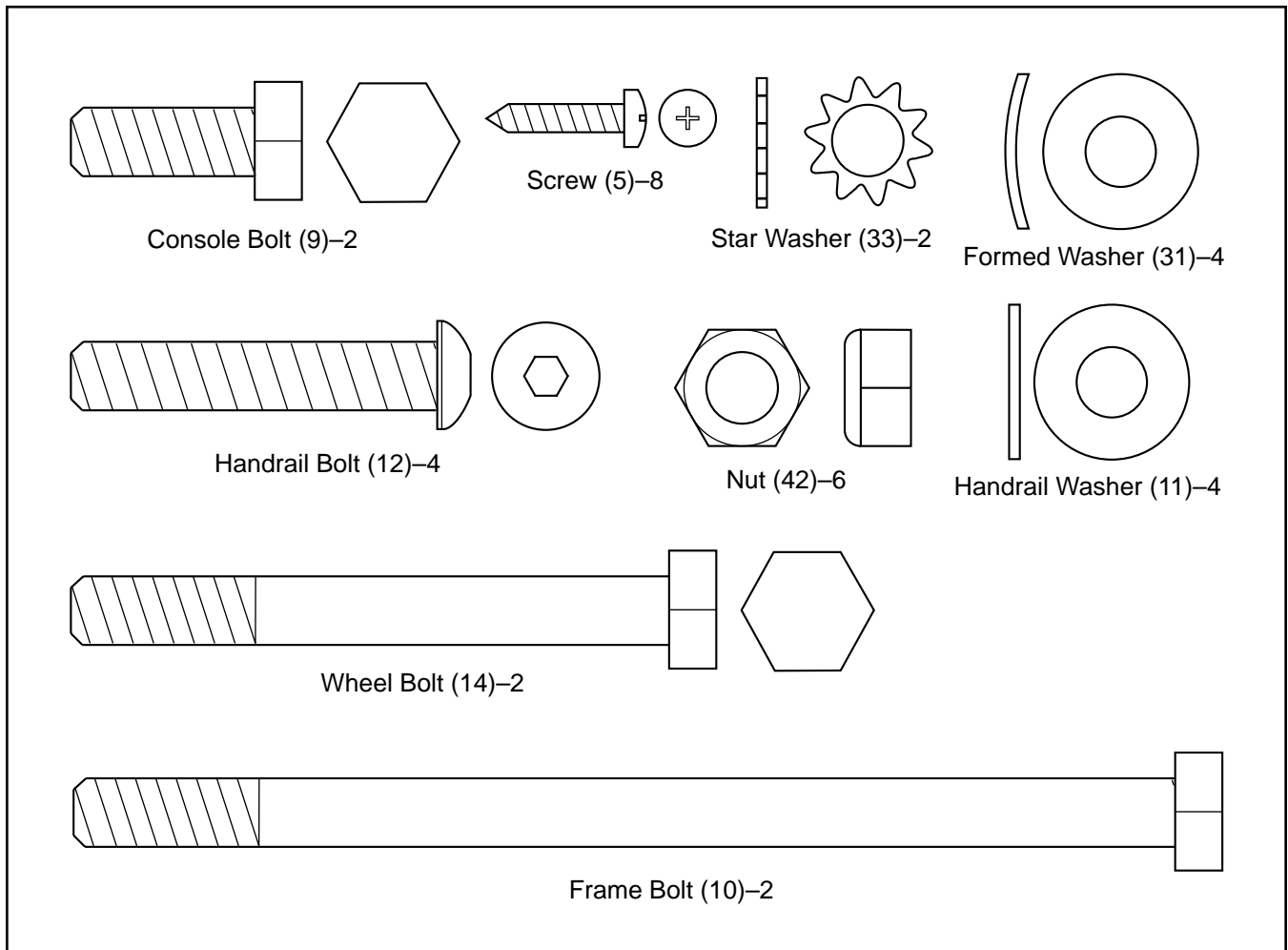
This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**



# PART IDENTIFICATION CHART

Remove this chart and use it to identify small parts during assembly. Save this chart and the EXPLODED DRAWING/PART LIST for future reference.



# PART LIST—Model No. WLTL19012

R0802A

| Key No. | Qty. | Description                     | Key No. | Qty. | Description                |
|---------|------|---------------------------------|---------|------|----------------------------|
| 1       | 1    | Console                         | 41      | 1    | Storage Latch              |
| 2       | 1    | Speed Control                   | 42      | 2    | Wheel Nut                  |
| 3       | 1    | Key/Clip                        | 43*     | 1    | Motor Assembly             |
| 4       | 1    | Console Plate                   | 44      | 1    | Power Cord                 |
| 5       | 12   | Screw                           | 45      | 1    | Large Warning Decal        |
| 6       | 1    | Right Handrail                  | 46      | 1    | Reed Switch                |
| 7       | 1    | Left Handrail                   | 47      | 4    | Wire Tie Clamp             |
| 8       | 1    | Battery Cover                   | 48      | 1    | Reed Switch Clip           |
| 9       | 3    | Console Bolt/Motor Tension Bolt | 49      | 1    | Magnet                     |
| 10      | 2    | Frame Pivot Bolt                | 50      | 1    | Belt                       |
| 11      | 4    | Handrail Washer                 | 51      | 2    | Roller Adj. Bolt           |
| 12      | 4    | Handrail Bolt                   | 52      | 6    | Platform Screw             |
| 13      | 2    | Frame Spacer                    | 53      | 1    | Front Roller/Pulley        |
| 14      | 2    | Wheel Bolt                      | 54      | 1    | Foot Pad (Right)           |
| 15      | 2    | Wheel                           | 55      | 1    | Frame                      |
| 16      | 2    | Base Cap                        | 56      | 1    | Walking Belt               |
| 17      | 4    | Handrail Nut                    | 57      | 1    | Walking Platform           |
| 18      | 1    | Handrail Grommet                | 58      | 2    | Incline Pin                |
| 19      | 4    | Base Pad                        | 59      | 4    | Ground Screw               |
| 20      | 4    | Belly Pan Screw                 | 60      | 1    | Ground Wire                |
| 21      | 1    | Latch Warning Decal             | 61      | 8    | 8" Cable Tie               |
| 22      | 1    | Wire Harness                    | 62      | 1    | Power Cord Grommet         |
| 23      | 1    | Hood                            | 63      | 2    | Incline Leg                |
| 24      | 2    | Hood Screw                      | 64      | 2    | Incline Leg Washer         |
| 25      | 1    | Belly Pan                       | 65      | 2    | Incline Leg Endcap         |
| 26      | 4    | Small Screw                     | 66      | 2    | Roller Adj. Washer         |
| 27      | 2    | Belt Guide                      | 67      | 2    | Frame Endcap               |
| 28      | 2    | Roller Spacer                   | 68      | 4    | Endcap Screw               |
| 29      | 1    | Allen Wrench                    | 69      | 1    | Latch Pin                  |
| 30      | 1    | Circuit Breaker                 | 70      | 2    | Cage Nut                   |
| 31      | 4    | Formed Washer                   | 71      | 1    | Base                       |
| 32      | 1    | Controller Bracket              | 72      | 1    | Rear Roller                |
| 33      | 4    | Star Washer                     | 73      | 2    | Frame Cage Nut             |
| 34      | 1    | Releasable Wire Tie             | 74      | 1    | Warning Decal              |
| 35      | 1    | Controller                      | #       | 1    | 8" White Wire, Male/Female |
| 36      | 1    | Motor Bolt                      | #       | 1    | 4" Black Wire, Male/Flag   |
| 37      | 1    | Foot Pad (Left)                 | #       | 1    | User's Manual              |
| 38      | 1    | Motor Tension Nut               |         |      |                            |
| 39      | 1    | Motor Star Washer               |         |      |                            |
| 40      | 1    | Motor Tension Washer            |         |      |                            |

\* Includes all parts shown in the box

# These parts are not illustrated

# EXPLODED DRAWING—Model No. WLTL19012

R0802A

